



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09027, Apricots, canned, heavy syrup pack, with skin, solids and liquids

Report Date: July 01, 2017 13:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 258g	1 cup, whole 240g	1 apricot half with liquid 40g
Proximates							
Water	g	77.56	217	0.087	200.10	186.14	31.02
Energy	kcal	83	--	--	214	199	33
Energy	kJ	347	--	--	895	833	139
Protein	g	0.53	162	0.009	1.37	1.27	0.21
Total lipid (fat)	g	0.08	105	0.002	0.21	0.19	0.03
Ash	g	0.37	130	0.006	0.95	0.89	0.15
Carbohydrate, by difference	g	21.47	--	--	55.39	51.53	8.59
Fiber, total dietary	g	1.6	--	--	4.1	3.8	0.6
Sugars, total	g	19.87	--	--	51.26	47.69	7.95
Minerals							
Calcium, Ca	mg	9	129	0.193	23	22	4
Iron, Fe	mg	0.30	156	0.011	0.77	0.72	0.12
Magnesium, Mg	mg	7	135	0.122	18	17	3
Phosphorus, P	mg	12	130	0.167	31	29	5
Potassium, K	mg	140	95	2.659	361	336	56
Sodium, Na	mg	4	107	0.236	10	10	2
Zinc, Zn	mg	0.11	58	0.005	0.28	0.26	0.04
Copper, Cu	mg	0.078	58	0.003	0.201	0.187	0.031
Manganese, Mn	mg	0.051	--	--	0.132	0.122	0.020
Selenium, Se	µg	0.1	--	--	0.3	0.2	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	3.1	225	0.074	8.0	7.4	1.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 258g	1 cup, whole 240g	1 apricot half with liquid 40g
Thiamin	mg	0.020	138	0.000	0.052	0.048	0.008
Riboflavin	mg	0.022	133	0.000	0.057	0.053	0.009
Niacin	mg	0.376	134	0.015	0.970	0.902	0.150
Pantothenic acid	mg	0.092	--	--	0.237	0.221	0.037
Vitamin B-6	mg	0.054	--	--	0.139	0.130	0.022
Folate, total	µg	2	3	0.113	5	5	1
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	3	0.113	5	5	1
Folate, DFE	µg	2	--	--	5	5	1
Choline, total	mg	1.8	--	--	4.6	4.3	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	62	276	1.514	160	149	25
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	735	--	--	1896	1764	294
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	7	--	--	18	17	3
Vitamin A, IU	IU	1230	276	30.285	3173	2952	492
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	26	--	--	67	62	10
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	1.55	1.44	0.24
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	5.7	5.3	0.9
Lipids							
Fatty acids, total saturated	g	0.005	--	--	0.013	0.012	0.002
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 258g	1 cup, whole 240g	1 apricot half with liquid 40g
16:0	g	0.005	--	--	0.013	0.012	0.002
18:0	g	0.001	--	--	0.003	0.002	0.000
Fatty acids, total monounsaturated	g	0.033	--	--	0.085	0.079	0.013
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.033	--	--	0.085	0.079	0.013
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.015	--	--	0.039	0.036	0.006
18:2 undifferentiated	g	0.015	--	--	0.039	0.036	0.006
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.009	--	--	0.023	0.022	0.004
Threonine	g	0.019	--	--	0.049	0.046	0.008
Isoleucine	g	0.016	--	--	0.041	0.038	0.006
Leucine	g	0.031	--	--	0.080	0.074	0.012
Lysine	g	0.037	--	--	0.095	0.089	0.015
Methionine	g	0.003	--	--	0.008	0.007	0.001
Cystine	g	0.002	--	--	0.005	0.005	0.001
Phenylalanine	g	0.022	--	--	0.057	0.053	0.009
Tyrosine	g	0.012	--	--	0.031	0.029	0.005
Valine	g	0.019	--	--	0.049	0.046	0.008
Arginine	g	0.021	--	--	0.054	0.050	0.008
Histidine	g	0.009	--	--	0.023	0.022	0.004
Alanine	g	0.026	--	--	0.067	0.062	0.010
Aspartic acid	g	0.122	--	--	0.315	0.293	0.049
Glutamic acid	g	0.054	--	--	0.139	0.130	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 258g	1 cup, whole 240g	1 apricot half with liquid 40g
Glycine	g	0.016	--	--	0.041	0.038	0.006
Proline	g	0.032	--	--	0.083	0.077	0.013
Serine	g	0.031	--	--	0.080	0.074	0.012
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0